**CPR CLASSES** 

CPM GLABBEES
A cardiopulmonary resuscitation (CPR) instruc-tion class is being offered from 9 a.m. to noon on Wednesday, Dec. 12, at Whitman Center, 32235 W. Chicago. A \$2 fee is charged (checks are preferred). To register, call 425-2335. Sponsor is the American Heart Association of Michigan.

● MENTALLY I.L. SUPPORT GROUP
The Suburban West Support group meets at 6:30
p.m. every Tuesday night at the Suburban West
Community Center, 11877 Beech Daly, north of
Plymouth Road, Redford Township.
The group is made up of Iriends and relatives of
mentally ill persons. There is no charge for the
meetings and membership is open to all persons
trying to cope with the problems presented by mental illness.

For more information, call the center at 937-9500 or 537-1963.

● EATING DISORDERS
A locture on eating disorders will be held from 3:30-5 pm. Wednesday, Nov. 28 at the Gabriel Richard Center, 5001 Evergreen, Dearborn. Sponsor is the Eating Disorders Self-Hielg Group. There is no charge. For further information on the lecture or support group, call Margaret Flannery, 593-5430 or Nancy Swanborg. 271-6000.

■ LAMAZE CLASSES
The Plymouth Childbirth Education Association is offering a seven-week Lamaze series at the following locations: Nov. 29, Newburg Methodist Church, Livonia; Garden City Osteopathic Rospital, Dec. 5. For more information, call 459-7477.

● PMS MEETINGS

A series of neighborhood PMS (Premenstrual Syndrome) support group meetings is being conducted by Dr. Edward Lichten. Dates of the moetings are: Nov. 21-28, Prudential Town Center, Room 69, Nov. 29, Harper Woods, Community Center at Harper and Manchester, Dec. 3, Garden City High School, 5500 Middlebelt Road; Dec. 4, Farmington, OCC Orchard Ridge, Room J204; Dec. 6, Tory, Hilton Tolcic, Dec. 10, Livonia Senior Citizens Center.

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izes in PMS, headaches and menstrual pain, will discuss the wide spectrum of medical and psycho-logical manifestations of the premenstrual syn-drome and the range of medical treatments and cures. He will be assisted by Janice Barber. For information, directions and brochures, call 358-

4357.

STRESS HOTLINE
Henry Ford Hospital's "Stress Hotline" — 276-2800 — offer casy-to-use suggestions on dealing with stress whether it is caused by too much work or too many dury dishes in the sink.
To help people avoid the holiday blues, or to shake it if you're already feeling "down," Henry Ford's Health Care Hotlines also offers five simple-though-effective suggestions. The Hotline, available 24 hour a day, can be reached by calling 878-7100.

ROMP
Annapolls Hospital, Wayne, aponsors ROMP (Re-Annapolls Hospital, Wayne, aponsors ROMP)

● ROMP
Annapolis Hospital, Wayne, sponsors ROMP (Recovery of Male Potency) meetings the third Thursday of every month, at 7:30 p.m. in Conference Room 2. The group is intended to provide educational and emotional support to couples who suffer from the effects of physical impolence. Confidentiality is assured. To register, call 467-4570.

ality is assured. To register, call 467-4570.

• "INTRODUCTION TO RECOVERY"
Brighton Hospital has launched "Introduction to Recovery," a new service in its outpatient department designed to help those whose drinking has begun to interfere with their day-to-day functioning, "Introduction to Recovery," is a 12-week outpatient group therapy program that helps the chemically dependent learn about the disease, it is effects and its treatment. This service is designed for persons with a history of alcohol or substance abuse but not currently needing inpatient treatment. The group meetings begin with a film or lecture on alcoholism or chemical dependency. This is followed by group therapy led by a specially trained



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addiction counseior. The topics covered during the 12-week program include the disease encept of alcholism and chemical dependency, the effect of the disease on family members and friends and recevery using Alcoholics Anonymous, Al-Anon and other community receives. ommunity resources.
For additional information, call 227-6143.

LIFE SUPPORT CLASS
 A basic cardiac life support class will be held from 7 a.m. to 3:30 p.m. Friday, Nov. 30 in Classroom 3 at Annapolis Hospital. To register, call 467-4570.

■ CANCER PRESENTATION

"Reducing Your Risks for Cancer," a free presentation provided by Laurence H. Baker, D. O., processor and director, Medical Cancer Division, Wayne State University and Harper-Grace Hospitals, will take place Tuesday, Nov. 27 at Birmey Middle School, 27225 Evergreen Road, Southfield. Baker will present an overview of the recent developments in conquering cancer and a look at what is on the horizon in research. His talk will be complemented with an explanation of specific measures one can take to reduce the risks for cancer by Gwen MacKenzie, IR.N.M.S.N. MacKenzie is a clinical nurse specialist in cancer and the manager/adminstrator of the department of oncology, Wayne State University/Harpor-Grace Hospitals.

To register for the lecture, call 494-8983.

■ EIGHT AID.

• FIRST AID

Red Cross first aid courses will be conducted at
Annapolis Hospital, Wayne. Day sessions will be



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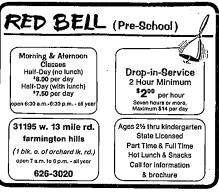


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held Dec. 5 an Dec. 12 from 8:30 a.m. to 1 p.m. Evening sessions will be held Dec. 6 and Dec. 13 from 6-10:30 p.m. To register, call 467-4570.

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